



THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

ANXIETY

W WORDS



"It is normal to feel anxious at stressful times, it is the limbic system preparing you for fight or flight. This is ideal if there is a physical danger, but not if the trigger is worries going around your head."

E EXERCISE



Limit the number of coronavirus updates: endless whatsapp groups and scrolling can consume hours of your day. We know it's a fine balance between keeping up to date and feeling overwhelmed. Open a discussion with your workplace colleagues so that there's a deadline for sharing important info in the evenings to give you much needed respite.

L LINK



Take a look at this link to learn about a different perspective of managing your worries:

<https://www.habitsforwellbeing.com/the-circle-of-concern-and-influence/>

L LAST THING



"Focus on what you can control, don't waste energy on the things you cannot."

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



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CHANGE

W WORDS



“Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Reinhold Niebuhr

E EXERCISE

SOMETHING OLD, SOMETHING NEW, SOMETHING BOLD, SOMETHING GREW



With so much change it's important to keep some routine and structure. Think about what familiar comforts can be maintained through this crisis. Then think of something new that has occurred or that you've discovered for the better and learnt from. By focussing on a 'silver lining', you're training your brain to see this as an opportunity to be bold and grow from.

L LINK



When you have a moment have a watch of this TEDx Talk by Jason Clarke about embracing change.

<http://tiny.cc/5cx3nz>

L LAST THING

Change can be difficult but its also an opportunity



“Change is hard for a group like doctors who are typically highly scheduled and organized. However having our daily grind disrupted is a great opportunity to get comfortable being uncomfortable – just not in the way we are used to!”

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CONNECTION

W WORDS



“Alone, we can do so little; together, we can do so much.”

Helen Keller

E EXERCISE



This pandemic has brought our profession closer together but our experiences and emotions in such extreme and difficult circumstances can be incredibly isolating.

Your exercise is simply to make the time to open up to one person - supervisor, colleague, partner or friend and have a meaningful conversation that allows you to express your feelings about this whole situation.

L LINK

If you aren't able to do the above, there is also the Wellbeing Support Line for NHS staff

0300 131 7000 or TEXT 'frontline' to 85258

You can also access the PH Common Room online

<http://tiny.cc/6iw3nz>

L LAST THING



What's grounding about this pandemic is that we're all going through it together, so never feel like you can't reach out because you're not alone.

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EXERCISE

W WORDS



“Exercise not only changes your body - it changes, your mind, your attitude and your mood.”

E EXERCISE

GOAL SETTING



Think about different ways of exercising during this time, whether it be home workouts, or taking up running with couch to 5k. Having small goals will help you to stay motivated. Make it easy. Make it achievable but most of all practice discipline.

L LINK



Lots of fitness professionals are offering their services for free or at reduced cost, particularly for NHS staff. FIIT is a great place with lots of different workouts and a schedule for you to follow. They are currently offering a 3 month free trial to NHS staff.

www.fiit.tv

L LAST THING

HAVE FUN



Exercise is important for mental and physical wellbeing, but most of all make sure that you find an exercise which you truly ENJOY! Whether that be dancing, yoga or skipping - it should bring a smile to your face!

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FRUSTRATION

W WORDS



“To conquer frustration one must remain intensely focused on the outcome not the obstacles.”

T. F. Hodge

E EXERCISE



Think about what physical signs you exhibit when getting frustrated. Does your voice get clipped with a rude relative? Does your pulse rise?

When noticing the signs...

- 1) **Take a pause** - to stop yourself getting lost in that feeling.
- 2) **Practice perspective** - you have the ability to reappraise that emotion and think about it from the other person's point of view e.g. are they being rude or are they frightened and confused?

L LINK



Compassion and the science of kindness:
Harvard Davis Lecture 2015 - Nigel Mathers

<http://bjgp.org/content/66/648/e525>

L LAST THING



Taking a few deep breaths can help calm the body down. Try to breathe slowly, in through your nose, right down to your stomach.

If it helps, count to 7 breathing in and count to 11 breathing out.

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Here's your workWELL toolbox to help you through emotions with a lifestyle focus during this time of change

GUILT

W WORDS



“Guilt is an expression of your deep capacity for empathy - it only shows how much you care.”

E EXERCISE

DEVELOP A COMPASSIONATE MIND



Imagine a friend came and talked to you about the same guilt you were feeling. What would you say? If you wanted to be kind to your friend what words of support would you use? Be your own friend. Offer yourself the same kind, caring attitude which you extend to others.

L LINK



Take a listen to Brene Brown's Ted talks on Vulnerability and Shame

<http://tiny.cc/26x3nz>

<http://tiny.cc/17x3nz>

L LAST THING

BE PRO-GUILT



Guilt is often the birthplace of courage and change. Think of it as our social glue, it is driven by your care for your colleagues, loved ones, the NHS.

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MORAL INJURY

W WORDS



“There is no time stamp on trauma. There isn't a time stamp that you can insert yourself into to get from horror to healed. Be patient. Take up space. Let your journey be the balm.”

Dawn Serra

E EXERCISE



Draw a 2x2 grid. On the bottom right make a list of your core values. Ask yourself the question - "What matters to me?" Then think about what you're THINKING AND FEELING when the way you are working takes you away from your core values. Write this into the bottom left box. What are you DOING when you are working in a way that is inconsistent with your values. Write this down in the top left box. What are you DOING when your actions are congruent with your values. Write this in the top right box. Recognise that it is only natural to feel pain and discomfort when circumstances mean you are not able to do what aligns with your core values.

L LINK



Take a listen to this podcast on moral injury to understand why it's ok to feel what you feel:

<https://www.offtheclockpsych.com/podcast/moral-injury>

L LAST THING



Moral injury violates the deepest of your values

Don't feel the need to suppress this. Instead cultivate the willingness to experience moral pain for the sake of what matters to you.

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NUTRITION

W WORDS



**“Let food be thy medicine,
and medicine be thy food”**

Hippocrates

E EXERCISE

HYDRATION STATION



Try to drink a glass of water before your meal.

This does two jobs for the price of one!

It will hydrate you and help your stomach to feel a bit more full and gives you some time to think before eating. This means that you can make better decisions with your food choices as well as avoid overeating/stress snacking!

L LINK



Lockdown has allowed some chefs to share their talents online! Take a look at this Evening Standard article which shares some YouTube links to chefs who are sharing their recipes with you.

<http://tiny.cc/jlx3nz>

L LAST THING

Boost Your Immunity



Vitamin C, Zinc, Vitamin D, Vitamin A, Selenium, Quercetin, Bromelain and Antioxidants can all up-regulate our immunity. Eat a rainbow of fruits and vegetables, nuts and seeds and herbs and spices for an immune boost - and take a step out into the sunlight!

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SLEEP

W WORDS



“Sleep is the best meditation”

Dalai Lama

E EXERCISE

ARM'S LENGTH



Keep your phone more than an arm's length away from you at bed time, and ideally, for at least an hour before. This physical distance means that you are less likely to reach for your phone if you stir at night.

L LINK



Headspace. If you are someone who struggles to sleep, Sleepcasts by Headspace are a great way to fall asleep. If you are a middle-of-the-night-waker, try their Night time SOS. This series is very helpful for those who are struggling with sleep. They're also offering it free for NHS staff till 2021.

www.headspace.com

L LAST THING

KEEP A POSITIVE DIARY



In these unusual times, sleep is often the first thing to be affected. It's ok. Try writing down 3 positive things that have happened in the day, no matter how small, to help you fall sleep with a positive mindset!

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UNCERTAINTY

W WORDS



"Medicine is the science of uncertainty and the art of probability"

William Osler.

E EXERCISE

The Thought Cloud

To distance yourself from your thoughts of uncertainty, remember that your thoughts are just thoughts, not facts. You might think "Well, this could be the day I get coronavirus." Then, just think, "Well there's a thought." Visualise a cloud, put your thought on the thought cloud and let it float away. Don't react to it. Keep letting it float by until your anxiety subsides.

L LINK

Listen to THE L.I.F.E.S.T.Y.L.E. FIRST Podcast with Dr Alka Patel on Apple or Spotify or watch on You Tube

Season 1, episode 7 provides some helpful tips on how to elicit the relaxation response when feeling the stress of uncertainty. Here's the link:

<https://preview.tinyurl.com/workwellrelaxation>

L LAST THING

Uncertainty is an absolutely understandable response

Whilst uncertainty can make negative events more difficult, it can also make positive events more exciting! So try to focus on the certain improvements this situation has provided.

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